



**March
2019**

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

LYNN COUNCIL ON AGING SENIOR CENTER

From the Director's Desk

How lucky are you? So, lucky that you're amazed you're even lucky at all? I feel lucky when I arrive to work and no one beeped their horn at me, for not gunning my vehicle within one millisecond of the traffic light turning green! I'm also lucky that I made it to my car, all the way across the parking lot before the torrential downpour! Guess why? There's a formula here: If I bring my umbrella to my office, I have to carry it back with me. When I don't bring my umbrella to my office, it rains! So, when someone says, "Where's your umbrella?" I say, "still in the car!" At least, I know where it is! I asked around the center for more lucky answers. The answers were... Green lights all the way. My feet on the ground. My keno numbers when they come out. When I'm right. And when my socks come out of the dryer and they're all paired. Wishing you all a Happy St. Patrick's Day. Join us for corned beef dinner on Thursday, March 14th, 11 am – 12pm.

~Stacey Minchello

From Your Mayor

The temperatures are becoming milder as we head into spring and I hope that our seniors are able to get back outside and enjoy the fresh air! We can look forward to spring training and the return of the World Series Champions, Boston Red Sox. This month we will be celebrating St. Patrick's Day and we look forward to raising the Irish Flag on Friday, March 15th. There are a number of events planned throughout the city such as: LHAND's annual St. Patrick's Day Luncheon and the Ancient Order of Hibernian's annual dinner. I look forward to seeing all of you at some of these events.

I invite you to come to the Lynn Auditorium and enjoy the performances by Leo Dan; America 50th Anniversary; Disney Junior Dance Party on Tour Presented by Pull-Ups Training Pants; Jesus Adrian Romero; Jon Anderson of Yes and Nickelodeon's Double Dare Live. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

We continue to encourage residents to sign up for our public notification platform at <https://www.smart911.com>. You can select the type of notifications you would like to receive (school closings, parking bans, weather alerts, missing persons, traffic information etc. These alerts are specific to the City of Lynn and are meant to keep you informed. All information provided is scrupulously protected by Rave Mobile Safety and is not shared with any other agencies. The service is free.

~Mayor Thomas M. McGee

CUFFE-McGINN FUNERAL HOME
 157 Maple Street • Lynn, MA 01904
 Tel: **781-599-3901**
 Fax: 781-598-2143
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Dignity
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 Arrowood Service
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PACE
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BANECARE
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 ABBOTT HOUSE
 and THE SWAMPSCOFF WING, Lynn
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Lynn Council on Aging Senior Center

Publication
funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello

Director 781-599-0110 ext. 503

sminchello@glss.net

Erica Brown

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ext. 618

ebrown@glss.net

Rosa Paulino-Diaz

Activities Assistant

ext. 625

rpaulinodiaz@glss.net

Hours of
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers

President

Minette Lall

Vice President

Lester McClain

Clerk

Pam Edwards

Charles Mitchell

Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble

President

Ann Breen

Vice President

Katherine Brown

Treasurer

Ellen Cash

Recording Secretary

George Harvey

Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Mar 28 Apr 25 May 30 Jun 27

Considering joining the FRIENDS? Come visit us and see what we're all about

Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:

www.ci.lynn.ma.us

Click City Hall

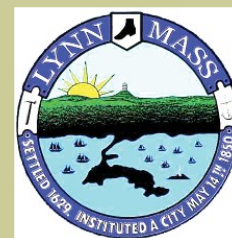
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger
~Dr. Harvey Berger

Thank you for your donation!
~ Sophie Karoumpalis

In memory of Frank Krol, Joan Noble's beloved brother.

~Joanne Rosen



DEDUCTIBLE DONATION

GE matches all donations made from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

☐
☐
☐

Person's Name: _____

Send card to: _____

Donated by: _____

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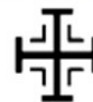
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Archdiocese of Boston INC

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Hatch Hearing Aid Center

*"You Should Hear
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

CASINO TRIPS

Twin Rivers Casino Wednesday April 17th \$25



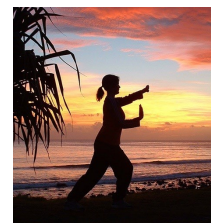
Coach bus departs from senior center *promptly* at 10:30am. Please **arrive no later than 10:00am.** Bus will leave casino at 6:30pm and arrive back at the Senior Center at 7:45pm. Please book rides for 8:00pm. Price includes: \$7 food credit & \$10 casino bonus.



MUSICAL AND JOY BASED TAI CHI



Every second and fourth Monday
10:00am-11:00am
Instructor: Mike Elliot
No reservation needed
\$5 per session



**YOUR
AD
HERE
CALL
TODAY**

Fun, easy sessions, beginners welcome, great for your health, and reduces stress!

UKULELE CLUB



Every Tuesday 9:00am—10:00am
Activities room **FREE!**
Beginners and experienced players welcome
Instruments included at Senior Center
Instructor Matthew McConeghy

NEW MEDICARE CARDS

Happy New Year from SHINE! **Everyone** should have received their new Medicare card by now!

If you **don't have one**, it could be the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it.

No worries! **You can order** your new card by calling **Medicare** at **1-800-633-4227**, or set up an account at www.MyMedicare.gov to retrieve a copy of it. (Once you receive the card, you can destroy the old one.)

MBTA EVENT

Wednesday, April 24th from 9:00am—10:30am

Receive a reduced fare MBTA CharlieCard in the mail
To qualify, you must come in person that day, have a valid **Massachusetts ID**, you must be **65+** years old, fill out an application, and have your picture taken at the Senior Center.

If you have any questions, please call Erica (781-586-8618)

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR 90FT
ADAPTIVANTS

SENIOR MEDICARE PATROL

Wednesday, March 6th

10:00am

ENGLISH

Wednesday, March 20th

1:00pm

SPANISH

Lynn Senior Center: 8 Silsbee Street, Lynn, MA 01901

Learn to protect yourself from fraud and abuse!

Their primary goal is to teach Medicare beneficiaries how to protect their personal identity, identify and report errors on their health care bills and identify deceptive health care practices, such as illegal marketing, providing unnecessary or inappropriate services and charging for services that were never provided.

DANCE WITH JOY!

Love to dance? Need to reduce stress? Join us!

FREE!

Thursdays 9:00-9:45

Led by Nancy Deluth

A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.



SUPPER CLUB

Every second Wednesday—4:00pm-5:00pm

Looking for attendees interested in socializing with friends. Supper served for \$2 and is sponsored by My Brother's Table. Must reserve seat—first come first serve. Call Rosa Paulino Diaz at 781-586-8625 or Erica Brown at 781-586-8618.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda

Wide Screen Plasma Home Theatre System

Mar 6	Incredibles 2	2018	PG	1h 58m
Mar 13	Leap Year	2010	PG	1h 40m
Mar 20	The Apartment	1960	NR	2h 5m
Mar 27	John Wick	2014	R	1h 41m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



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North Shore Offices Phone: 978-774-2005 • 978-777-6009
www.BestMakesItHappen.com

Place Your Ad

MARCH HAPPENINGS

- Fri Mar 1** Lynn Economic Opportunity Inc. Fuel Assistance Workshop 9:30am
- Mon Mar 4** Puritan Lawn Memorial Park Presentation 10:00am—11:00am
- Tue Mar 5** March Birthday Celebration 12:45pm—1:00pm
- Wed Mar 6** Senior Medicare Patrol English Presentation 10:00am
(See page 5 for more information)
- Thu Mar 7** **Lunch Trip:** Kowloon Restaurant \$3 11:30am—2:00pm
- Mon Mar 11** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm
- Wed Mar 13** “Let’s Get Together” Mutual Support Group 9:30am—10:30am
(See page 7 for more information)
- Wed Mar 13** Supper Club \$2 4:00pm—5:00pm
- Thu Mar 14** **St. Patrick’s Day Party** 11:00am—1:00pm
Irish entertainment and corned beef dinner while supplies last
Lunch begins at 11:00 and entertainment begins at 12:00
- Thu Mar 14** Ice Cream Social \$0.50 1:00pm
Sponsored by: FRIENDS of the LCOA
- Fri Mar 15** **Brown Bag** 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Fri Mar 15** LEO Fuel Assistance Booth available! 9:30am
- Tue Mar 19** **Lunch Trip:** Red’s Kitchen and Tavern \$3 11:30am—2:00pm
- Thu Mar 20** Senior Medicare Patrol English Presentation 1:00pm
(See page 5 for more information)
- Mon Mar 25** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:15pm

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

WEATHER POLICY

In the case of inclement weather, we urge you to stay home for your own safety. We will post our closings to our Facebook page. If you are unsure if we are open, Please call the main desk (781-599-0110). If you get the answering service, assume we are closed. Thank you!

Hatch Hearing Aid Center

*“You Should Hear
What You’re Missing”*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR
AD
HERE
CALL
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications
Subsidized Elderly Housing
Call 781-593-5700

HARBOR
90FT
ADAPTIVES

TAX ASSISTANCE

We are unable to offer tax assistance this year. Please refer to the following resources:

Salem State University
978-825-4013 Ask for Jake Lefker
Swampscott Public Library
781-596-8867

PURITAN LAWN MEMORIAL PARK

“Plan Ahead” Seminar

Monday March 4, 2019 10:00am Lynn Senior Center

Refreshments provided

Topics include: Why consider final arrangement planning? What is involved with cemetery preplanning? What to consider when choosing a cemetery? And more.

LEO FUEL ASSISTANCE WORKSHOP

Lynn Economic Opportunity Inc. will help you learn about fuel assistance

Lynn Senior Center

Workshop March 1st 9:30am Q & A Table March 15th 9:30am

PHONE ASSISTANCE OFFICE HOURS

Due to the high number of requests for assistance with cell phones, we have scheduled office hours when we will be available to assist you.

Tuesdays and Wednesdays

2:00pm—3:00pm

These hours are subject to change pending staffing patterns.

LET'S GET TOGETHER: MUTUAL SUPPORT GROUP

Free mutual support group that fosters positivity and gratitude with elements of art therapy.

Wednesdays from March 13th-May 1st

9:30am-10:30am

Activities room in the Lynn Senior Center

Sign up by March 11th with Lexi Kovach: 781-586-8605

akovach@glss.net

**YOUR
AD
HERE**

**CALL
TODAY**

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Respite Care for Families
Rewarding Companionship


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Visiting Angels

Wellness Watch March 2019

Common Signs of Low and High Blood Sugar Levels

(You may or may not experience these symptoms. Everyone is different.)



Signs of <u>LOW</u> Blood Sugar <ul style="list-style-type: none"> • Shakiness • Sweaty • Hunger • Anxiety • Nervous • Confusion • Acting angry or irritable • Slurred speech • Headache 	Causes of <u>LOW</u> Blood Sugar <ul style="list-style-type: none"> • Too little food • Too much medicine • More activity than usual • Too long between meals and snacks • Alcohol 	Treatment of <u>LOW</u> Blood Sugar <ul style="list-style-type: none"> • ½ cup juice • ½ cup sugared soft drink • 1 tablespoon honey • 4 sugar packets • 3-4 hard candy (unless at risk for choking) • 2 tablespoons raisins • 3-4 glucose tablets • 1 cup skim or low fat milk Retest if low: <ul style="list-style-type: none"> - Wait 15 minutes - 15 grams of carbs in 15 minutes
Signs of <u>HIGH</u> Blood Sugar <ul style="list-style-type: none"> • Thirst • Hunger • Frequent urination • Fatigue • Nausea • Blurred vision • Headache • Confusion 	Causes of <u>HIGH</u> Blood Sugar <ul style="list-style-type: none"> • Too much food • Too little exercise • Too little medication • Stress • Illness or infection • Injury • Short time between meals and snacks 	Treatment of <u>HIGH</u> Blood Sugar <ul style="list-style-type: none"> • Exercise unless sugar is above 240 • Adjust food intake • Work with doctor to adjust your medicine

- Remember to calibrate your glucose meter as directed per manufacturer recommendations.

○ Ask your healthcare provider if you need help.

SENIOR CENTER ACTIVITIES • March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII	9:00 -12:00 WII
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 – 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAI CHI (2nd & 4th MON)	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:15-10:45 POKENO	11:30-12:15 EXERCISE CLASS (\$5)	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	1:00 – 3:00 MOVIE	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB		12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSE RACING	

OLYMPIA SQUARE APARTMENTS

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- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE * SUBACUTE CARE * PHYSICAL THERAPY
OCCUPATIONAL THERAPY * SPEECH THERAPY * RESPITE CARE

WOMEN'S HISTORY MONTH

Y	N	A	M	B	U	T	M	T	Z	X	L	U	V	R	E	G	T	F	O
G	O	Q	H	R	V	B	V	F	G	Y	U	R	Q	P	K	I	Z	G	M
F	L	B	C	D	K	S	R	I	J	R	H	L	C	X	S	T	R	Y	F
J	Q	M	B	G	W	O	U	I	F	O	T	T	J	V	U	L	N	U	G
Z	Q	K	C	A	B	I	Z	V	D	V	H	U	U	K	E	F	J	S	C
L	F	O	L	R	O	C	F	U	M	G	T	V	A	R	I	V	C	D	D
V	Z	C	Q	Q	O	J	T	Y	Y	M	E	R	P	Z	T	W	L	V	C
Y	N	O	A	D	C	H	Z	K	L	M	G	S	A	A	M	G	K	S	N
O	Y	N	A	F	R	C	D	N	Z	O	T	A	S	H	R	M	H	O	C
U	A	N	N	K	A	M	N	A	L	N	F	E	A	S	R	K	H	N	F
S	Q	O	T	O	W	C	R	R	M	V	R	N	H	A	Q	A	S	O	V
A	U	R	H	U	X	R	J	F	Q	E	G	B	C	T	N	S	E	T	T
F	J	Q	C	G	R	G	I	M	T	E	M	O	J	N	D	C	U	R	I
Z	A	G	N	S	F	L	H	R	L	C	Z	E	X	O	B	B	A	A	V
A	P	S	Y	S	T	X	E	O	Q	R	B	P	F	H	P	V	O	B	G
I	N	K	P	O	A	H	U	B	S	A	C	A	G	A	W	E	A	I	Q
L	S	B	U	R	T	R	L	R	G	P	T	M	T	C	B	H	L	J	H
D	Z	U	R	O	T	G	P	V	R	D	C	L	E	O	P	A	T	R	A
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E	S	B	N	U	K	E	L	L	E	R	I	D	E	C	U	C	E	V	I

TUBMAN	SACAGAWEA	KAHLO	PARKS	KELLER
EARHART	POCAHONTAS	TRUTH	MOTHER TERESA	
BRIDGES	YOUSAFZAI	RIDE	CURIE	CLEOPATRA
ANGELOU	CONNOR	ANTHONY	ROSS	BARTON
		FRANK		

March 2019 Lunch Menu

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – MARCH 2019

GLSS NUTRITION
781-586-8687

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	MEALS SUBJECT TO CHANGE WITHOUT NOTICE	IT'S NATIONAL NUTRITION MONTH!	1 Stuffed shells/sauce-505* Soup/crackers(272) Calories-635 Sodium-1103 ALTERNATIVE Vegetarian chili(140) Calories-650 Sodium-843
4 Meatloaf/gravy(370) Soup/crackers(126) Calories-900 Sodium-999 ALTERNATIVE Pasta primavera(200) Herbed zucchini(20) Calories-700 Sodium-545	5 Chicken pot pie(570)* Red bliss potato(5) Calories-693 Sodium-960 ALTERNATIVE Beef/onions(100) Rice/bean sauce(90) Calories-710 Sodium-550	6 Pollock/lemon wedge(100) Macaroni and cheese(260) Calories-620 Sodium-700 ALTERNATIVE Oven fried chicken(410) Mac and cheese(260) Calories-754 Sodium-1036	7 Roast turkey/gravy(449) Mashed potato(109),soup(94) Calories-867 Sodium-1112 ALTERNATIVE Cheese ravioli/sauce(575)* Peas(68) Calories-800 Sodium-1095	8 Broccoli/cheese bake-436 Home fries(194) Calories-850 Sodium-1058 ALTERNATIVE Garlic fish(150) Rice/pigeon peas(93) Calories-664 Sodium-620
11 American chop suey(316) Garlic spinach(40) Calories-800 Sodium-615 ALTERNATIVE Honey soy chicken(533)* Calories-720 Sodium-1087	12 Chicken meatball stroganoff/ Mushrooms(260),pasta(20) Calories-774 Sodium-635 ALTERNATIVE Seasoned ground beef(100) Calories-600 Sodium-500	13 Cran.orange chicken(305) Soup/crackers (159) Calories-722 Sodium-808 ALTERNATIVE Egg/cheese croissant(420) Calories-620 Sodium-880	14 ST. PATRICK'S DAY Corned beef aus jus Potatoes/fresh parsley Cabbage Carrots/turnips Brownie Irish soda bread Calories- 770 Sodium- 1500	15 Salmon/dill sauce(100) Mashed potatoes(109) Calories- 700 Sodium-594 ALTERNATIVE Cheese pizza(340) Calories-630 Sodium-725
18 Apricot chicken(150) Mashed sweet potato(70) Calories-745 Sodium- 683 ALTERNATIVE Veggie stuffed pepper(100) Calories- 685 Sodium-620	19 Pot roast/gravy(168) Mashed potatoes(109)soup-149 Calories-650 Sodium-729 ALTERNATIVE Chicharron(pork)-(310) Calories-800 Sodium-838	20 Pulled pork/BBQ sauce(461) Corn(5) Southern greens(86) Calories-937 Sodium-952 ALTERNATIVE Jerk chicken(150) Calories-710 Sodium-600	21 Meatball sub/sauce(405) Soup/crackers(70) Calories-670 Sodium-890 ALTERNATIVE Chicken stew(190) Calories-625 Sodium-500	22 Cheese omelette (312) Roast potato(64) Calories-775 Sodium-900 ALTERNATIVE Fish/tomatoes(310) Calories-650 Sodium-732
25 Lasagna/tomato sauce(405) Broccoli(32) Calories-600 Sodium-734 ALTERNATIVE Chicken stir fry(533)* Rice(4) Calories- 647 Sodium-864	26 Beef stew(117) Mashed potatoes(170) Calories-762 Sodium-575 ALTERNATIVE Macaroni & cheese(520)* Carrots(65) Calories-660 Sodium-983	27 Chicken mirabella(284) Rice pilaf(93) Calories-778 Sodium-720 ALTERNATIVE Pork/Bbq sauce(275) Roasted cauliflower(32) Calories-665 Sodium-712	28 Pork hot dog/roll(886)* Baked beans(140) Calories- 780 Sodium-1328** ALTERNATIVE Veggie burger(550)* Coleslaw(167) Calories-742 Sodium-1012	29 Macaroni/cheese(520)* Soup/crackers(185) Calories-890 Sodium-1150 ALTERNATIVE Coconut curried fish(290) Rice/beans(83) Calories-850 Sodium-1000

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

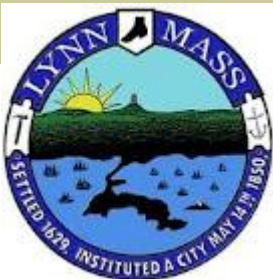
WALK-IN OR APPOINTMENTS

APPOINTMENTS PREFERRED

KIOSK FOR LIVING WELL

TUESDAYS 9:00-11:00
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thu Mar 5, & Thu Mar 21

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD PRESSURE CHECKS

Tue & Thu

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

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LYNN, MASSACHUSETTS 01901
(781) 599-0110

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